













» DROP-IN Exercise Classes

FALL 2017 DROP-IN EXERCISE CLASS SCHEDULE

MON.		Body Blaster Circuit 9:25-10:25am		 ZUMBA 5:30-6:30pm	 BODYPUMP 6:40-7:40pm	 ZUMBA 6:45-7:45pm
TUE.	 ZUMBA 6:00-7:00am	Cardio-Sculpt Interval 9:30-10:30am	Ab Express 12:15-1:00pm	 ZUMBA 5:30-6:30pm	 BODYCOMBAT 5:25-6:25pm	 BODYPUMP 6:40-7:40pm
WED.		Body Blaster Circuit 9:25-10:25am		 ZUMBA 5:00-6:00pm	 BODYPUMP 6:00-7:00pm	 BODYCOMBAT 7:10-8:10pm
THR.	 ZUMBA 6:00-7:00am	Cardio-Sculpt Interval 9:30-10:30am	Ab Express 12:15-1:00pm	 ZUMBA 5:30-6:30pm	 BODYCOMBAT 5:25-6:25pm	 BODYPUMP 6:40-7:40pm
FRI.	Fit-Mix 9:10-10:10am	 ZUMBA 5:25-6:25pm	<p>» Instructor subject to change during the season.</p> <p>» Please do not enter a class more than ten minutes past the scheduled start time.</p> <p>» Drop-In Exercise classes are designed for age 16 & up.</p> <p>» Please consult your doctor prior to starting any exercise program.</p> <p>» Some classes may reach capacity or have limited specialty equipment available.</p> <p>No class 9/17, 10/7, 10/8, 10/27, 11/7, 11/23, 11/24, 12/3</p>			
SAT.	 BODYPUMP 10:15-11:15am	 ZUMBA 11:30am-12:30pm				
SUN.	 BODYCOMBAT 9:00-10:00am					

SCHEDULE EFFECTIVE TUESDAY, SEPTEMBER 5 - SATURDAY, DECEMBER 23

Body Blaster Circuit Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:25-10:25 am

Cardio/Sculpt Intervals Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30 am **no class 11/7, 11/23**

Ab Express Age 16 & up

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

Tu/Th 12:15-1 pm **no class 11/7, 11/23**

Fit-Mix Age 16 & up

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness, slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind.

F 9:10-10:10 am **no class 11/24**



BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.



BODYPUMP™

BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect — a scientifically proven Les Mills formula — is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!



ZUMBA®

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

NOTE: Thursday night and Saturday morning ZUMBA® is open to kids 12 and up with adult supervision.

BURN THE BIRD! FRIDAY NOVEMBER 24 – BODYPUMP™ 10am ZUMBA® 11:15am